

Three Couples Journey to UFL Together

Story by
Cpt. Stacy Ouellette
 8th U.S. Army Public Affairs Office

Each year, Spc. Melissa Staudacher and her husband, T. J., a sergeant in the 8th U.S. Army Band, celebrate their wedding anniversary on Aug. 18 during the Ulchi Focus Lens exercise. They are just one example of a dual-military couple deploying together to Command Post Oscar.

“We celebrate our wedding anniversary at UFL every year. While we do always plan to celebrate our anniversary either before or after the exercise, we’re still together at CP Oscar on that actual day,” Melissa said.

Besides that Melissa said support is always available. “A positive of having my spouse here is that if I really needed to, I could find him. I can see him, hear his voice and get a moment face-to-face with him. Many Soldiers don’t have that opportunity. It makes what little time we do have together that much more precious,” she added.

Spc. Svannah and Pfc. Joshua Present are also de-

ployed together. Both of them agreed that although time can be limited, they are fortunate to have time together while here.

“It makes it a lot easier for me to have my husband here. Having him here actually makes this exercise a lot less stressful. I might only get to see him once a day for 20 minutes, but it is better than nothing,” Svannah said.

Her husband says there is always a down side to seeing each other daily. “Seeing each other is hard at times because we are billeted in different locations and work different schedules. Having my wife here helps out a lot, the morale support when you have a bad day and having someone to talk to that you love,” Joshua added.

For Majors Michael and Martha VanDriel, there is the extra challenge of balancing their duties at UFL with parenting their two children.

Although they have a family care plan in place, this exercise raises awareness of additional worries dual-military and single parents have.

“We have to think

about the possibility of having to send our boys on a plane back to the States without us, in case of NEO, which is a very unpleasant thought,” said Martha.

Her husband echoed that thought. “The hardest part about being dual-military and participating in UFL is the NEO portion. In reality, we have to trust someone to get our boys out of this country and get them to their grandparents’ house while we go on with the job. It is a scary thought,” Michael added.

Even though these thoughts loom in the back of their minds, the VanDriels agreed that being in Korea as a whole family is a positive experience.

“There’s no bad assignment except the one that separates you from your family. Korea used to be the hardest place to go to with a family. Now, it’s one of the best,” Michael said.

Weather in Daegu

AUG 31 High T Low T 84 F 68 F 29 C 20 C	SEP 1 High T Low T 86 F 68 F 30 C 20 C
SEP 2 High T Low T 83 F 69 F 28 C 21 C	

Redeployment

FRIDAY (Sep. 1)

- *0800-USATC-K Awards ceremony
- *1230-CG awards ceremony
- *1930-Redeployment briefing

SATURDAY (Sep. 2)

- *0500-0600-Baggage drop off for main body personnel
- *0600-All tactical vehicles will depart by convoy
- *0700-USFK/EUSA main body redeploys

Additional information

- Ensure you have your weapon / mask prior to departure
- Uniform for travel: ACU/BDU, Kevlar , LBV, Weapon, Mask, ID Tags/Card
- Uniform for rest stop: ACU/BDU, soft cap
- Bring won for use at rest stops if you plan to purchase any snacks
- Immediately after returning - 100% accountability of all sensitive items, weapons maintenance / turn-in at the HHC Arms Room
- All 8th Army personnel participating in UFL'06 (CP Oscar) and are designated to work on Sep. 2 will observe an additional Training Holiday on Sep. 6, in addition to the already approved (Sep. 5) Training Holiday

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KOREAN TONGUE

By Pvt. Nam, Jin-yung / KATUSA

#Essential Expressions

A: Are you going to the DFAC?
A: DFAC - Gahl - Guhm - Nee - Gah?
B: I've already been there.
B: Yee - Mee - Gaht - Dah - Wat - Suh - Yo.
A: How was your meal?
A: Sik - Sah - Jahl - Hah - Syut - Nah - Yo.
B: I had a beef steak. It tastes really good. You should try it.
B: Juhn - Beef Steak - Muhk - Guht - Suh - Yo. Juhng - Mahl
- Maht - Sit - Uh - Yo. See - Doh - Hae - Boh - Sae - Yo.

A: Thank you for your recommendation.
A: Choo - Chuhn - Hae - Juh - Suh - Goh - Mahp - Soup -
Nee - Dah.

#Military Term

Squad : Boon - Dae
Platoon : Soh - Dae
Company : Joong - Dae
Battalion : Dae - Dae
Regiment : Yeon - Dae
Brigade : Yeo - Dahn
Division : Sah - Dahn
Corps : Goon - Dahn
Army : Goon



The voice of the Warriors

By Pvt. Kim, Jae-hwan and Pvt. Suk, Sang-hoon / KATUSA

< Question >

*What are you going to do when you
get back?*



2nd Lt. Paul Lee
Generals' Aide
Alpha Company, 304th Signal Battalion



Staff Sgt. Joseph A. Cardone
8th U.S. Army Command Personal Computer Manager
HHC, USATC-K



Pvt. Andrew M. Smith
System Analyst
G6, 8th U.S. Army



Cpl. Lee, Hee-yung
System Analyst
G4, 8th U.S. Army

*"Take time to visit families and
take a break from work. Visit
tour sites and have personal
time."*

*"Out process and PCS to Ft.
Riley."*

*"Relax and spend time with
my friends."*

*"I'm going to prepare for the
tests to get a qualification for in-
formation analysis and office
automation in September.
However, for now, the only thing
in my mind is going home!"*

Healthy, Tasty, Korean Food

Story by

Pfc. Fay Jakymec

8th U.S. Army Public Affairs Office

Hwarang staff writer

For many foreigners new to Korea, the idea of trying a new cuisine can be a daunting one. However, Korea is quickly becoming known worldwide for their flavorful and spicy food. Employing such seasonings as sesame oil, fermented soybean paste (doenjang), soy sauce, salt, ginger, and garlic (Korea is the largest consumer of garlic, ahead of Italy and Southeast Asia).

Meals usually consist of several side dishes in addition to the main meal. Side dishes usually include rice, soup, and kimchi.

Kimchi is Korea's most famous staple. According to Wikipedia (<http://en.wikipedia.org/wiki/kimchi>) kimchi was originally developed in

the 5th century, it was stored in the fall in underground storage containers for use during the winter when fresh vegetables were not available.

When it was first cultivated, kimchi was salted vegetables. It was not until the 18th century when red-hot pepper was introduced by the Portuguese that it began to resemble the kimchi known and loved today.

The most common form of kimchi uses Chinese cabbage, but there are other varieties that use cucumbers, spring onions, and radishes.

Named as one of the five healthiest foods in the world by *Health Magazine*, kimchi is believed to aid in digestion, may prevent some cancers, and is also thought to be the reason for Korea's low number of Severe Acute Respiratory Syndrome cases as compared to other Asian countries.

Other well known dishes are bulgogi, kalbi, and bibimbap.

Bulgogi is beef strips marinated in a soy sauce, sesame oil and garlic.

Kalbi is marinated beef short ribs cooked over a charcoal fire at the table. The meat is then usually wrapped in a lettuce leaf with kimchi and bean paste, sugar, green onion, black pepper, and chili paste sauce. It is then cooked over a grill at the table; rice, garlic and onions can also be added to the wrap.

Bibimbap is white rice mixed with various vegetables such as cucumber, carrots, soybean sprouts, shiitake mushrooms, and



Kimchi

spinach. Tofu can also be used and the mixture is served in a heated stone bowl with a raw egg on top. The raw egg is cooked by stirring it against the sides of the bowl. Kochujang, a Korean chili pepper paste, is served separately and then stirred in.

The streets of Seoul are lined with food vendors. They sell a variety of fast foods the most popular of which is gimbap.

Gimbap is similar to sushi, but all the ingredients are cooked. Radish, carrots, egg, and ham are stuffed into rolls of rice wrapped in seaweed.

Another popular street-vendor food that is a favorite with foreigners is mandu. Mandu can be fried or steamed. A dumpling that is stuffed with pork or seafood and bean sprouts, green onions, and noodle, it is dipped in either soy sauce or sesame sauce.

With plenty of options to choose from, newcomers should not hesitate to sample something new while staying in Korea.



Bulgogi